

ANGER EXPLORATION

Use this worksheet to explore and discuss a recent anger episode!

What happened that made me feel angry?

What other feelings did I experience?

- | | | |
|----------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> scared | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> worried | <input type="checkbox"/> lonely | <input type="checkbox"/> _____ |
| <input type="checkbox"/> jealous | <input type="checkbox"/> guilty | <input type="checkbox"/> _____ |
| <input type="checkbox"/> annoyed | <input type="checkbox"/> stressed | <input type="checkbox"/> _____ |



What thoughts went through my head?

How did I respond?

- | | | | |
|--|---|---|--------------------------------|
| <input type="checkbox"/> yelling and screaming | <input type="checkbox"/> hitting or kicking | <input type="checkbox"/> throwing objects | <input type="checkbox"/> _____ |
| <input type="checkbox"/> name-calling | <input type="checkbox"/> threatening | <input type="checkbox"/> running away | <input type="checkbox"/> _____ |
| <input type="checkbox"/> crying | <input type="checkbox"/> cursing | <input type="checkbox"/> slamming doors | <input type="checkbox"/> _____ |

What ended up happening?

What was my consequence?

What can I do differently next time if this situation happens again?

- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> use an I-Feel Message | <input type="checkbox"/> deep breathing | <input type="checkbox"/> _____ |
| <input type="checkbox"/> walk away | <input type="checkbox"/> tell an adult | <input type="checkbox"/> _____ |
| <input type="checkbox"/> count to ten | <input type="checkbox"/> distract myself | <input type="checkbox"/> _____ |